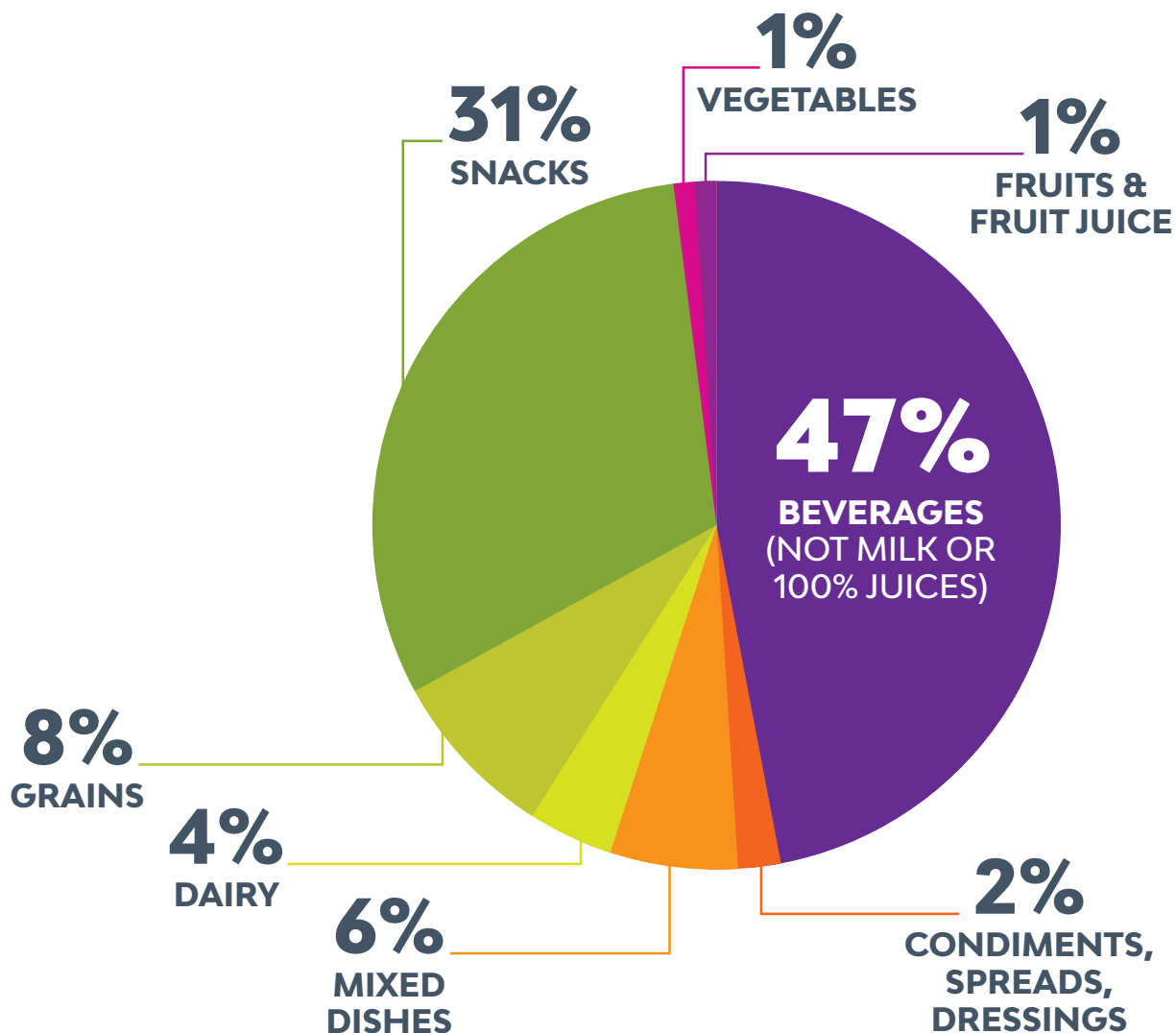




# DID YOU KNOW?

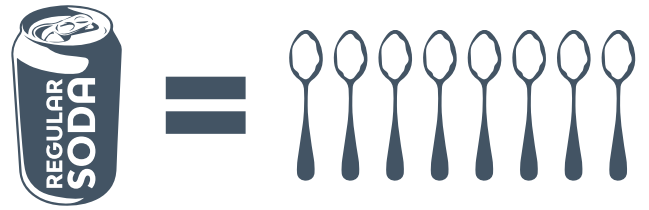
Sugar is hiding in more foods than you might think. The scary fact is, **74% of packaged foods** in supermarkets contain added sugar.<sup>1</sup> It's lurking in surprising places, from mayonnaise to margarine to smoked salmon.

## THE HIDDEN SUGARS WE CONSUME



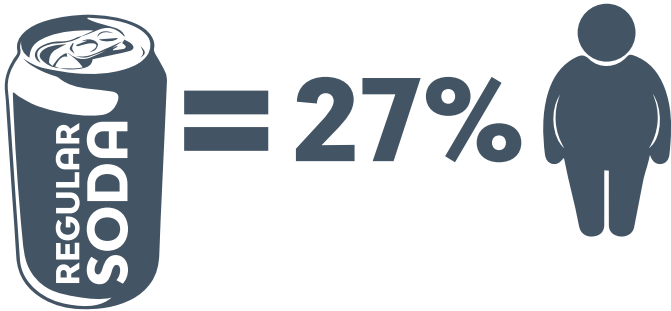


The American Heart Association recommends no more than 6 to 9 teaspoons of sugar per day.<sup>2</sup>



Most 12 ounce cans of sugar-laden soda contain 8 teaspoons of sugar!

Drinking even one sugary soda a day makes you 27% more likely to be overweight or obese and puts you at a 26% higher risk for developing type II diabetes.<sup>3</sup>



**26%**  
**TYPE II** ↑



Some benefits of cutting sugar include an improvement in mood, better sleep, and even sharper memory. Not to mention, it lowers the chance of heart disease and diabetes, both of which are linked to sugar consumption.

<sup>1</sup>What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.

<sup>2</sup>[http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Added-Sugars\\_UCM\\_305858\\_Article.jsp](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Added-Sugars_UCM_305858_Article.jsp)

<sup>3</sup><http://www.hsph.harvard.edu/news/press-releases/sugar-sweetened-beverages-sodas-diabetes-metabolic-syndrome/>



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